

# MEDIA RELEASE

## Free training aims to create community suicide safety net

10 September 2024

A free, evidence-based suicide prevention training course is now available anyone living and working in the Murray Primary Health Network region, which covers 100,000 sq km of central, north western and north eastern Victoria.

Murray PHN is now funding Question. Persuade. Refer. (QPR) online training, which takes just 60 minutes and helps people to identify the warning signs of someone at risk of suicide, the confidence to speak to them about their thoughts and the tools to connect them with professional care.

Each year, in the second week of September, two awareness days - World Suicide Prevention Day (WSPD) on 10 September and R U OK? Day on 12 September – aim to encourage action and promote the importance of good mental health.

This year's WSPD theme of “Changing the narrative on suicide” encourages individuals, communities, organisations, and governments to engage in open and honest discussions about suicide and suicidal behaviour. By initiating vital conversations, people can help to break down barriers and create better cultures of understanding and support.

Murray PHN CEO Matt Jones says that suicide prevention training helps to create a local safety net, when significant numbers of people in a community are equipped to respond to suicide.

“Sometimes we may feel unsure about what to say or do when someone is acting out of the ordinary or admits they are “not ok”, he said. “QPR training can help prepare people to have these important conversations.

“The more community members who are trained to understand and identify people who may be in distress, the more chance we have as communities to prevent deaths by suicide.

“QPR training takes only an hour and is particularly beneficial for those who regularly interact with a large range of people, including hairdressers, baristas, bankers and sporting club members,” Matt said.

“My hope is that as many people in our region as possible take up this opportunity and complete the training.”

For more information and to register go to [murrayphn.org.au/qpr](https://murrayphn.org.au/qpr)

*If you are in an emergency or at immediate risk of harm to yourself or others, please contact emergency services on 000. Other services include Lifeline – 13 13 14 or [lifeline.org.au](https://lifeline.org.au) or Suicide Call Back Service – 1300 659 467 or [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)*

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### **A note for the media:**

There is extensive literature linking media reporting of suicide with increased suicide rates. Suicidal behaviour can be ‘learned’ from the media when reports are sensationalised, focus on celebrities, are repeated, and explicitly describe location and method details. Evidence suggests that responsible reporting of suicide by the media can reduce suicide rates.

Mindframe Australia Media Guidelines support members of the media to report suicide accurately, responsibly, and ethically. A summary version of these guidelines available at <https://mindframe.org.au/suicide/communicating-about-suicide/mindframe-guidelines>

### **About us:**

*Murray PHN is one of 31 PHNs (Primary Health Networks) around Australia working to increase the efficiency and effectiveness of primary health care and service systems. Across our region, we work with general practitioners (GPs), community health, Aboriginal Community Controlled Health Organisations (ACCHOs), pharmacy, aged care and allied health practitioners, and with acute services such as hospitals, specialists and emergency care.*

*The role of PHNs is to help to support and integrate the work of these important services to ensure that the people get the right care, in the right place, at the right time. In the Murray PHN region, which covers almost 100,000 sq km of regional Victoria, we work to develop and maintain sustainable models of primary health care for our communities.*

### **Contact details**

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### **Images of Matt Jones**

- [https://www.murrayphn.org.au/wp-content/uploads/2024/01/Murray-PHN-CEO\\_Matt-Jones\\_2024.jpg](https://www.murrayphn.org.au/wp-content/uploads/2024/01/Murray-PHN-CEO_Matt-Jones_2024.jpg)
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